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Cape Arundel dredged sediment disposal site in Maine scheduled to be closed for use in 2010

**By Timothy Dugan
Public Affairs**

The U.S. Army Corps of Engineers, New England District has issued a public notice to notify all interested parties that the Cape Arundel dredged sediment disposal site, off the coast of Cape Arundel, Maine, will no longer be

available for use as a dredge disposal site as of Jan. 10, 2010.

This is due to the fact that Cape Arundel is an undesignated site under the Marine Protection, Research, and Sanctuaries Act and therefore, by law (Public Law 102-580, WRDA 1992), became subject to only two, five-year periods of use unless it was designated formally as a disposal site. Jan. 10,

2010 represents the end of the second of the (non-consecutive) five-year periods.

This affects future permit actions, federal project plans, as well as issued permits that may have authorization to use the site. Permits issued prior to this date will need to complete their work before the deadline or will need to be

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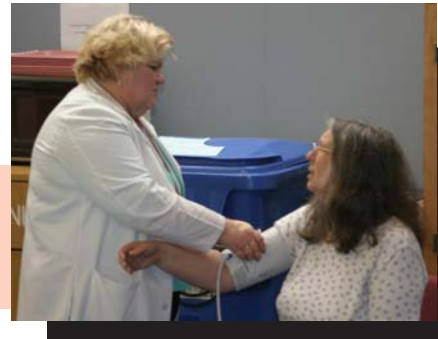


Great Memorial Day fishing along the Canal

A fisherman holds up one of many stripers he caught during his fishing expedition along the Cape Cod Canal on May 30. (Photo by Kevin Burke)

Yankee Voices

Linda Lindell and Barbara Duffin
Health Fair 2009



District recreational facilities celebrate National Trails Day

by **Thomas Chamberland**
Park Manager
East Brimfield/Westville Lake

The U. S. Army Corps of Engineers, East Brimfield and Westville Lake office in partnership with the American Hiking Society celebrated the 17th annual National Trails Day by sponsoring a guided paddle down the Quinebaug River Water Trail at East Brimfield Lake.

This year's theme of the American Hiking Society's National Trails day was "Take in the Outdoors" and the Corps invited all area residents to take in the outdoors by exploring these local trails during this celebration.

The Corps sponsored "hike" was actually a paddle down the National Designated Recreation Quinebaug River East Brimfield Section water trail. Twenty seven paddlers participated in the event. The 5.5 mile long

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President Obama praises New England Coastal America Team for receiving Partnership Award

From President Barack Obama to the Coastal America Team:

Congratulations on receiving the Coastal America 2008 Partnership Award for the South Coast Habitat Restoration Project. The award recognizes outstanding partnerships that make a significant contribution toward the restoration and protection of our nation's coastal environment. It is the only environmental award of its kind given by the White House.

Through the collaborative efforts of the United States Army Corps of Engineers, the Rhode Island Coastal Resources Management Council, the Rhode Island Department of Environmental Management, the University of Rhode Island, the Salt Ponds Coalition and the towns of South Kingstown, Charlestown, and Westerly, you achieved an outstanding environmental victory for your coast. Beginning in 1997, your team worked to restore 40 acres of eelgrass in Ninigret Pond and plans to restore 17 additional acres in two other coastal lagoons along with Rhode Island shoreline. These coastal lagoons, or salt ponds, are extremely important habitat for fish and wildlife and need to be preserved as a part of our natural heritage.

I applaud and support you in your efforts to bring together collective resources to meet common goals and better our coastal environment. Please accept my sincere congratulations, and best wishes for your continued success.

Earth Day Update

According to Park Ranger Jamie Kordack, in addition to the Earth Day work that was completed at Buffumville and Hodges Village on May 9, Girl Scout Troop 458, of Charlton, Mass., had two girls and two adults work with new Park Ranger Jeff Narus on a very long but easy loop around Hodges Village on May 16.

The volunteers cleaned up both sides of the French River and the loop. The work was over five miles long and the group filled more than a dumpster with trash. They also picked up as well as removed four tires.



Quality Management System will standardize procedures for Corps

In an effort to improve the “One Door to the Corps,” officials are taking a look at how divisions and districts are doing business and how the agency can standardize procedures for a more uniform approach.

The advantages of having a uniform business process for every business action throughout the Corps are numerous – a New England District employee who decides to volunteer for a tour of duty overseas won’t have to worry about getting up to speed on business procedures because they will be the same as they are in Concord, Mass. Standardization would cut down on training time significantly so that employees can get down to the nation’s business much faster.

According to NAD’s Program Management Plan, the USACE Quality Management System (USACE QMS) is the overarching management system with which all services, work products and projects are provided or developed. “It integrates existing USACE project management, quality management, and strategic planning and reporting practices within a structural context based on ‘Plan-Do-Check-Act’ concepts and widely recognized international standards focused on the achievement of customer satisfaction and continuous improvement,” said Farrell McMillan, QMS Team Leader.

A website to help create the QMS was established with this in mind. In 2007, the Corps of Engineers National Management Board (NMB) started the effort to create the QMS and develop a national standard process based on the

Project Management Business Process (PMBP).

The first step in the process is to gather procedural information from the Corps agencies worldwide. “The QMS website currently has many business processes from all the different divisions and districts,” said Francis Fung, New England District’s point of contact. He works closely with fellow QMS Implementation team members Farrell McMillan and Tony Mackos, who are heading the initiative for the District. “People are reading the documents and making comments that will help us form standardized templates for everything that we do,” he said.

Fung, McMillan, and Mackos participate in weekly conference call meetings with the NMB on the progress of the QMS. Currently, there are excel spreadsheets on the website for every business process, from contract procedures to Project Management procedures, that the NMB believe to be standard steps in executing the processes. Fung meets with New England District leaders to urge them to go to the website and review the latest spreadsheets and make comments. “Their comments are very important,” said Fung. “This is our opportunity to express our opinion and to have our input incorporated into the final templates the Corps will use.”

“Headquarters will come up with the official template, but you will be able to have supplements to the template relative to the division or district to that is a little different,” said McMillan. “If you’ve got that standard process at

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Saving the summer

U.S. Army Patrol Boat "Agawam" rescues recreational sailboat "Sea Questered" of Scituate, Mass., at the Sandwich East End of Cape Cod Bay on May 21. This rescue was one of the first assists of the season by the Cape Cod Canal Team. (Photo by Kevin Burke)



Photos by Samantha Gray

Tours of the Corps vessel CATAUMET were available to the public during Water Safety Day.

Canal Team, Partners host annual Water Safety Day

As summer 2009 begins to ramp up, the team at the Cape Cod Canal are determined to make water safety a priority, not only for themselves, but for residents and visitors who partake of water recreation for which Cape Cod is so famous.

To that end, the Canal Team and their federal, state, and local partners hosted their 4th annual Cape Cod Canal Boating and Water Safety Day on May 30.

Approximately 200 people turned out on the fine sunny day to attend the

event. The Cape Cod Visitor Center welcomed the public and had fun water safety themed activities and exhibits for all ages to enjoy. "We set up New England District's new water safety trailer that was put together by Steve Patchkofsky from the Naugatuck River Basin," said Park Ranger Samantha Gray. "We had examples of life jackets, also called personal floatation devices or PFDs, and a variety of handouts such as coloring books, boating rules and flying discs."

U.S. Coast Guard personnel offered tours of the local station as part of the event activities.

Corps of Engineers Safety celebrities Bobber the Water Safety Dog and Seamoor the Water Safety Sea Serpent made special appearances, greeting visitors and posing for pictures while spreading the water safety message. Seamoor is a veteran of the Canal's Water Safety Day and made quite an



Organizations set up safety informational booths during the event.



"Bobber the Water Safety Dog" greeted the public and posed for pictures.



Kids enjoyed the various safety-related activities during the event.

impression on some youngsters last year. "A couple of kids from last year were so excited to see him again this year that they came back with pictures they colored for him!" said Gray.

In addition to the Canal's Visitors Center and the Coast Guard open houses, visitors were able to tour U.S.

Coast Guard boats as well as the District's patrol boat "Cataumet." Other vessels were also on hand to promote water safety. "Sandwich Fire and Rescue had a boat and the Massachusetts Environmental Police had a jet ski for people to touch and learn from," said Gray. "Both were loaded with lots

of safety gear for people to look at."

The U.S. Coast Guard Auxiliary offered free vessel safety checks for visitors who brought their vessels with them to the event. Participants received a voucher for a free boat launch at the Sandwich Marina. Vessels that passed the safety check received safety decals to be displayed on board. The owners of 34 vessels completed the safety check.

The Canal Team also set up a water safety information tent, complete with handouts and other giveaways. Other partners that set up tents to spread the water safety word were: the U.S. Coast Guard Auxiliary, Massachusetts Environmental Police, town of Sandwich Fire and Rescue, Cape Cod Sail and Power Squadron, American Red Cross, Massachusetts Maritime Academy and Sea Scouts Ship 76.

The Cape Cod Canal is the widest sea-level canal in the world. It extends 17.4 miles across the narrow neck that joins Cape Cod to the mainland. The Cape Cod Canal team has four patrol boats that actively patrol canal waters on a daily basis to keep visitors safe. Last year alone the team performed over 250 assists to vessels in distress.



Sandwich Fire and Rescue brought a boat and equipment to the event for people to look at and touch.

Stress reduction focus of New England District's Asian American/Pacific Islander event



Photos by Brian Murphy

Keynote speaker Patricia Howard demonstrates stress reducing exercises during the Asian American/Pacific Islander Month celebration.

The use of ancient Asian stress reduction techniques to combat the pressures of modern day living was the focus of this year's Asian American/Pacific Islander Heritage Month Observance. This year's theme was "Leadership to meet the challenges of a changing world." The Asian American/Pacific Islander Heritage Program and Equal Employment Opportunity Office sponsored the event. Patricia Howard, a teacher of Mindfulness Based Stress Reduction, served as this year's keynote speaker.

Col. Philip Feir, New England District Commander, welcomed the audience and talked about the significant role Asian Americans have played in our nation's history and will play in its future. "Initially hired as laborers to lay track for the Transcontinental Railroad, Asian Americans have made significant contributions in helping America become a leader in the fields of science, medicine, and engineering," he said. "One just needs to walk through the campuses of the greater academic institutions of our nation to have proof that Asian Americans are preparing for continued leadership roles."

According to the keynote speaker,

Mindfulness Based Stress Reduction or MBSR is an 8-week program developed by Jon Kabat-Zinn at the University of Massachusetts Medical Center for the Treatment of Stress-related Disorders.

Howard talked about the strong influences of Hinduism and Buddhism in MBSR and discussed such topics as layers of consciousness. She defined mindfulness as a practice producing "a soothing energy that helps us to stay with our own experience."

The keynote speaker explained the Four Noble Truths and the Eightfold Path that is part of MBSR. "This peaceful and blissful enlightenment is

achieved through a gradual training, a path called the middle way or the Eightfold Path," she explained.

Howard also discussed the nonviolent concepts of active force, the Satyagraha Theory, Vipassana, Chinese Tan Tier, Japanese Hara and Namaste.

In keeping with this year's theme, Howard went through a list of influential people past and present who she believes are powerful but embody nonviolent concepts in keeping with mindfulness. They include Mahatma Gandhi and his wife, the Dali Lama, Nelson Mandela, Dr. Martin Luther King, Jr., and President Barack Obama.

Howard concluded her presentation by having the audience participate in some stress reduction exercises and meditations. Col. Feir and Asian American/Pacific Islander Program Manager Peter Hugh presented Howard with a Bunker Hill plaque in appreciation for her visit to the District.

In 1995 Patricia Howard embarked on a six year training program in alternative health and therapeutic processes. She has completed the practicum of Mindfulness Based Stress Reduction at the Center for Mindfulness at the University of Massachusetts. She currently teaches MBSR, facilitates groups and gives presentations on MBSR and other health related topics.



Col. Feir presents Patricia Howard with a Bunker Hill plaque at the conclusion of the event.



Photo by Brian Murphy

Col. Philip Feir (second from right) joins Sen. Joseph Lieberman (second from left) and other partners in breaking ground at the Mill Pond/Mill River Restoration Project.

District and partners break ground on restoration project

New England District officials joined their federal, state, and local partners in breaking ground on a project that will restore a precious aquatic ecosystem to the state of Connecticut.

A ceremony to kick off the beginning of the Mill River and Mill Pond Restoration Project took place May 18 at Mill River Park in Stamford. The Mill River is the lower reach of the Rippowam River in Stamford that flows through the city and into Long Island Sound. Col. Philip T. Feir, New England District Commander, represented the District at the ceremony. “Degradation of this urban river has resulted from dam and channel modifications and excess sediment built up due to urban storm water run off,” said Col. Feir. “The project partners recognized the potential value of restoring the site and joined in a restoration effort under the Corps’ Aquatic Ecosystem Restoration Program, which provided authority for this type of environmental restoration.”

“The goal of the project is to restore the aquatic and riparian ecosystems of the Mill River corridor to include restoring a free-flowing channel, functioning floodplain, and anadromus fish passage,” said Project Manager Adam Burnett. “Within the project area, the river’s ecosystem is degraded with a nine-foot-high dam and other constructed impediments to channel flow and fish passage, a sediment laden impoundment, concrete walls bordering the river that eliminate riparian habitat, filled intertidal marshes invaded by

common reed and degraded riparian areas overrun by invasive, exotic plant species.”

The \$7.8 million restoration project involves removing the Main Street dam and more than 2,000 feet of concrete retaining walls; restoring one quarter mile of the river’s channel and adjoining floodplain that has been impacted by the dam; restoring the riparian corridor along portions of the lower two miles of river; removing a concrete impoundment structure under the Pulaski Street Bridge; and restoring one acre of tidal marsh habitat. The project is cost-shared between the Corps of Engineers and the city of Stamford as the non-Federal sponsor. The Corps contribution is valued at \$5 million and the city’s contribution is \$2.7 million.

“It should be noted that an incidental but significant benefit will be the reduction of flooding in downtown Stamford, with associated savings from reduced damage and insurance costs,” said Col. Feir.

Green Seal Environmental, Inc., of Sagamore Beach, Mass., received the construction contract. Work on the project began in February. It is estimated that the project will take two years to complete.

Connecticut Senator Joseph Lieberman, Stamford Mayor Dannel P. Malloy, John Blaisdell, Green Seal Environmental, Benjamin Barnes, Director of Operations for Stamford; and Robin Stein, Stamford’s Land Use Bureau Chief, joined Col. Feir in attendance at the ceremony.



Photo by Brian Murphy

Col. Philip Feir (center) and other dignitaries participate in a ground breaking ceremony for the Ayer Armed Forces Reserve Center Project.

District breaks ground on new military construction project

A ceremonial ground breaking that marked the beginning of a significant military project took place May 29 in Ayer, Mass.

Col. Philip Feir, New England District Commander, joined Maj. Gen. William Monk, III, Commanding General, 99th Regional Support Command; Kamlesh Patel, President of J&J Contractors; as well as numerous guests in celebrating the beginning of the Ayer Armed Forces Reserve Center Project.

“The center will consist of three main buildings,” said Col. Feir. “It will start with the construction of the Consolidated Support Maintenance Shop; followed by an 800-person Training Center that will house joint service members; and then lastly the Area Maintenance Support Activity / Organi-

zational Maintenance Shop.”

According to Col. Feir, the Army Reserve will relocate units and operations to the new facility when it is constructed, along with units of the Massachusetts Army National Guard and the Marine Reserve.

As part of the “One Door to the Corps” concept, the Corps’ Louisville District awarded the contract and then hired New England District, the local geographic district, to perform quality assurance and on-site contract administration duties. New England District’s Jim Conway is the Resident Engineer on site. Partners also include Congressman Richard Neal, the Commonwealth of Massachusetts, the Armed Forces Reserve, Devens Department of Public Works, the Devens Enterprise Commission and the Massa-

chusetts Development Corporation. J&J Contractors of Lowell, Mass., received the design-build contract on Sept. 25, 2008 for \$74.4 million. Work began in January and it is estimated to take two and one half years to complete.

Col. Feir said that the benefits to this project are numerous. “This consolidation will save money, allowing the Reserves to focus funds on maintaining and modernizing facilities needed to better support our forces, recruit quality personnel, modernize equipment and infrastructure, and develop the capabilities needed to meet the threats of the 21st Century,” he said.



An artist's rendition of the new Reserve Center.



Photo by Matthew Coleman

Paddlers enjoy a quiet paddle along the shores of East Brimfield Lake during the National Trail Day event.

National Trails Day event...

Continued from page 2

paddle lasted about two hours and ended at the East Brimfield Lake boat ramp on U.S. Route 20 at the Brimfield/Sturbridge town line.

The flat water, no portages paddle was good for families or those beginners in paddling water trails.

Spring wetland plants were in bloom and there have been numerous reports of nesting wildlife, including a pair of bald eagles frequently seen along the

trail this spring.

Matt Coleman, Summer Park Ranger who led the "hike" said: "The participants enjoyed the trip and had a good time. We observed some great wildlife on the trip, Great Blue Herons, turtles, and Red Wing Black Birds. I was pleased with the turn out. Paddlers were enthusiastic about the paddle and were very interested in learning more about the river. Maybe we will do it again next year."

Cape Arundel dredged sediment disposal site in Maine

Continued from page 1

modified for an alternative site.

The Cape Arundel Disposal Site (CADS) is located approximately 2.8 nautical miles southeast of Cape Arundel, Maine. The site consists of a 500-yard diameter circle. The bottom topography within and adjacent to the site is characterized by a north-south trending trough running one kilometer in length and 50 to 250 meters wide.

The trough has a maximum depth of 43 meters and a silt/clay bottom mixed with fine sand. It is flanked by hard rock ridges shoaling up to 30 to 32 meters in depth. A total of approximately 1.3 million cubic yards of sedi-

ment has been deposited at the site since 1985.

The public notice can be viewed on the Corps website <http://www.nae.usace.army.mil>. Select "Regulatory/Permitting" and then weekly public notices.

Additional information is available from Project Manager Ruth Ladd at 978-318-8818 or toll free 800-343-4789 or 800-362-4367 (if calling from within Massachusetts) or by email to ruth.m.ladd@usace.army.mil or by mail to the U.S. Army Corps of Engineers, New England District, Regulatory Division (ATTN: Ruth Ladd), 696 Virginia Road, Concord, MA 01742-2751.

Quality Management System...

Continued from page 3

Headquarters and you're following it, divisions and districts will be able to do their small variations as long as it is an approved supplement."

"If there are items listed in a business process that the District doesn't use, then we need to let Headquarters know that," said McMillan. "Because if they make that item part of the standard in that particular process and there is no supplement to approve eliminating that step, then we would have to use it. That's why it is so important to review the sheets and submit information so supplements can be approved if needed."

The National Management Board will gather information based on comments received for about six months. "By the end of this calendar year, Headquarters hopes to officially standardize all procedures based on the comments and information they received from the field," said Fung.

Every Division/separate office will have their own process templates in place, complete with supplements that will be signed by the Division/separate office chiefs.

The NAD website has been posted on the New England District's intranet. New England District employees are urged to visit the site by going to the intranet and clicking on the North Atlantic Quality Management System icon. A tutorial is available on the site to better understand the site. Employees may also contact Francis Fung with any questions for additional information.

Corps emphasizes water safety at federal recreation areas during this holiday weekend, summer months

As the Fourth of July holiday weekend approaches and summer vacation is here for many and the temperatures climb, more and more people will be recreating near or in the water. Now is the time to think about water safety and boating safety.

Drowning is a leading cause of accidental death for children. Yet, it is possible—just by wearing a life jacket or taking other precautions—to reduce drowning deaths. An estimated 70 percent of reported boating fatalities occurred on boats where the operator had not received safety instruction; and of those victims who drowned in boating incidents, 90 percent were not wearing life jackets, according to 2006 information from the U. S. Coast Guard.

The Corps of Engineers offers the following safety tips to help recreation seekers stay safe in water over the Fourth of July holiday weekend and through the hot summer months.

Alcohol and water activities don't mix

Approximately one-third of all boating accidents and fatalities involve alcohol. Just one beer can impair balance, vision, judgment, and reaction time. Research shows that four hours of boating—exposure to noise, vibration, sun, glare, and wind—produces fatigue that simulates drunkenness. Boating fatigue combined with alcohol consumption intensifies the effects of both and increases accident risks.

Boaters should know the rules

Boaters should take appropriate safety classes, be familiar with governing state laws and have proper safety equipment onboard before boating. Many states require boater education or boat operator licenses. As an added incentive, most insurance companies offer discounts to boaters who have successfully completed a boating safety course.

Wear a life jacket—don't just carry one on board. Make sure it is U.S. Coast Guard-approved and appropriately sized. Most states require children under the age of 13 to wear life jackets. Know your state law!

Don't overload the boat (consider boat size, the number passengers, and extra equipment before loading). Check your boat for all required safety equipment. Carry a set of navigational charts. Follow the manufacturer's suggested procedures before starting the engine. Check the weather forecast. File a float plan with family or friends who are not on the vessel.

Watch your children

It only takes a child an average of 20 seconds to drown, according to water safety officials. Watch your children at all times when around the water. Don't let them wander very far

from the adults and never let them go into the water unless you know it.

Learn to swim

Surprisingly, two-thirds of those who drown never had the intention of being in the water. Watch your children at all times when around the water. Never dive into lakes and rivers—the results can be tragic. Never rely on toys such as inner tubes and water wings to stay afloat. Don't take chances by overestimating your swimming skills. Reach or throw a floatation device to help someone in trouble. Don't go in the water! Swim only in designated swimming areas. Never swim alone.

Water safety must be a top priority for everyone using the nation's waterways and lakes this summer. An estimated 360 million people visit U.S. Army Corps of Engineers recreation areas nationwide annually.

Please make your visit to any recreation area a safe and enjoyable one. Taking water safety precautions saves lives—maybe your own.

Federal Recreation Areas in New England

There are numerous opportunities to enjoy recreation at the 31 federal flood damage reduction reservoirs and the Cape Cod Canal in New England this Fourth of July holiday weekend and throughout the summer. Most areas feature small lakes with facilities designed for day use such as picnicking, swimming, boating, fishing and hunting. There are also a few facilities for overnight camping. Most Corps-managed recreation areas are open through the middle of September.

There are beaches and boat ramps available at reservoirs and lakes in Massachusetts, Connecticut, New Hampshire and Vermont.

For more information go to the Corps' New England District web site at <http://www.nae.usace.army.mil> and click "recreation" and select your state and location on the map to find out what recreation areas are available near you or go directly to the recreation webpage at <http://www.nae.usace.mil/recreati/recreati.htm>.

More information on what is offered at each location is available from the park manager listed on the webpage of the specific reservoir or lake of interest.

For those who want to camp, the National Recreation Reservation Service (NRRS) makes it possible for campers to make reservations for campsites at New England District's three campgrounds, as well as nearly 40,000 Corps of Engineers and Forest Service campsites nationwide.

Campers can reserve campsites as much as 240 days in advance for as long as 14 nights in one location. The toll free number is (877) 444-6777 and the website is www.recreation.gov. (*Public Affairs Press Release*)





Photos by Brian Murphy

A representative from Concord Acupuncture demonstrates needle techniques on a volunteer.



Cambridge Eye gave free eye exams to event attendees.

Safety Office, FOH sponsor Health Fair event at District

The New England District Safety Office and the Federal Occupational Health Office (FOH) cosponsored their annual Health Fair event, June 10. Eight vendors had informational booths and some provided screenings and demonstrations to the 100 Corps and Community Based Health Care Organization employees who attended.

The FOH provided blood pressure and Carpal Tunnel screening as well as informational material on ticks, bats and rabies. The Corps of Engineers had a safety table with informational hand-

outs. Blue Cross/Blue Shield also had an informational booth as well as a display of certain foods and their nutritional values. The Government Employees Health Organization had handouts and people on hand to answer questions.

The Lexington Collaborative, which is a massage therapy organization, hosted chair massages. Concord Acupuncture did demonstrations on acupuncture and had information on the different ailments that are alleviated from its use. The Chiropractic Center of Acton had free spinal screenings and Cambridge

Eye performed vision screenings and eye exams.

This is the sixth year that the event was held and is one of the most popular programs sponsored by the Safety Office and the FOH.

The two offices also run other health and safety related events throughout the year, such as the blood drives, and lunch and learn seminars. The most recent seminar was on Ovarian Health and the next seminar will be about Sleep Apnea. Details on that event will be published in future weekly bulletins.



A member of the Lexington Collaborative performs massage therapy.



Eileen Hughes gets a back screening from Dr. Diamond, Chiropractic Center of Acton.

Dredging up the past . . .



Larry Oliver addresses the media at the Sagamore Marsh Restoration press event in this April 10, 2000 photo.

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